

**MARCH 2005**

**Naval Base San Diego  
Naval Base Coronado  
Naval Base Point Loma**



**The**  
Fleet & Family Support  
**Center**



**TRANSITION AND  
Spouse Employment**



**FINANCIAL**

**CONSEP 1 (Career Options and Navy Skills Evaluation Program)**

Tuesday-Friday, May 24-27, 7:30 am-4:30 pm, NBPL, Bldg. 140, Classroom 120

**EDD Assistance**

Mondays and Fridays, By appointment, NBC, Bldg. 318.  
Call 619/545-6071.

**Electronic Job Banks**

Computer time available at NBSD, NBC, or NBPL locations.

**Finding Federal Employment**

Monday, March 7, 5:00 pm-7:00 pm, NBSD, Bldg. 263, Classroom 3  
Tuesday, March 8, 9:00 am-11:00 am, NBSD, Bldg. 263, Classroom 3  
Tuesday, March 15, 9:00 am-11:00 am, NBPL, Bldg. 211, Classroom 2  
Thursday, March 31, 9:00 am-11:00 am, NBC, Bldg. 318, Conference Room

**FFSC Job Fair**

Wednesday, March 16, 10:00 am-2:00 pm, Scottish Rite Center, Mission Valley

**Introduction to Owning Your Own Business**

Monday, March 14, 5:00 pm-7:00 pm, NBSD, Bldg. 259, Classroom 3  
Tuesday, March 15, 9:00 am-11:00 am, NBSD, Bldg. 259, Classroom 3  
Thursday, March 31, 5:00 pm-7:00 pm, NBC, Bldg. 318, Conference Room

**Résumé and Federal Application Review**

No appointment is necessary and is available at all three locations

**Résumé Writing**

Tuesday, March 1, 9:00 am-11:00 am, NBPL, Bldg. 211, Classroom 2  
Thursday, March 17, 9:00 am-11:00 am, NBC, Bldg. 318, Conference Room  
Monday, March 21, 5:00 pm-7:00 pm, NBSD, Bldg. 263, Classroom 3  
Tuesday, March 22, 9:00 am-11:00 am, NBSD, Bldg. 263, Classroom 3

**Spouse Employment Assistance Program**

Monday-Friday, By appointment, NBPL  
Monday-Friday, 7:30 am-4:30 pm, NBSD or NBC (walk-in)

**Volunteer Program**

FFSC offers opportunities in clerical support and customer service. Internships in curriculum development available. For information on volunteering or for help in finding the right opportunity, please call 556-9876.

**Winning Interview Techniques**

Tuesday, March 1, 9:00 am-11:00 am, NBSD, Bldg. 263, Classroom 3  
Tuesday, March 8, 9:00 am-11:00 am, NBPL, Bldg. 211, Classroom 2  
Thursday, March 24, 9:00 am-11:00 am, NBC, Bldg. 318, Conference Room



**Car Buying Strategies**

Thursday, March 3, 2:00 pm-3:30 pm, NBC, Bldg. 318, Conference Room

**Credit Management**

Wednesday, March 2, 3:00 pm-4:00 pm, NBPL, Bldg. 211, Classroom 2

**Developing Your Spending Plan (Basic Money Management)**

Wednesday, March 2, 1:30 pm-3:00 pm, NBPL, Bldg. 211, Classroom 2

**Home Buying**

Tuesday, March 29, 2:00 pm-4:00 pm, NBSD, Bldg. 263, Classroom 3

**Individual Financial Counseling**

Monday-Friday, By appointment, NBSD, NBC, or NBPL (FFSC Counselor)

**REDUX and the \$30,000 Bonus**

Wednesday, March 9, 2:00 pm-3:00 pm, NBPL, Bldg. 211, Classroom 2

**Savings and Investments**

Tuesday, March 8, 2:00 pm-3:30 pm, NBSD, Bldg. 263, Classroom 3

**The Art of Successful Investing**

Tuesday, March 8, 12:00 pm-1:30 pm, NBSD, Bldg. 263, Classroom 3

**Thrift Savings Plan (TSP)**

Thursday, March 10, 2:00 pm-4:00 pm, NBC, Bldg. 318, Conference Room



**To register, please call the workshop's  
location listed at the bottom of this page  
or email [FFSCCareer@navy.mil](mailto:FFSCCareer@navy.mil)**

**Command Financial Specialist**

**Monday - Friday,  
March 21-25,  
8:00 am- 4:00 pm,  
NBC, Bldg. 678,  
Room 229**



**For more information  
or to obtain quota,  
call 619/545-6071.**



**For full descriptions of FFSC workshops, visit us at  
[www.cnrsw.navy.mil/fsc.com](http://www.cnrsw.navy.mil/fsc.com)**

**FFSC  
Job Fair**

**Wednesday  
March 16, 2005  
10 am to 2 pm**

**Scottish Rite Center Mission Valley**

1895 Camino del Rio South,  
San Diego, CA 92108

(Please arrive no later than 1:30 pm)

**Employment Opportunities Available:**

High Tech, Electronics, Federal Employment, Law Enforcement  
Clerical/Administration, Fortune 500 Companies,  
Industrial/Mechanical, Retail/Sales

**All active duty, reservists, retirees, and their family members are invited to attend these programs and use Fleet & Family Support Center services.**

**Naval Base Coronado (NBC)  
619/545-6071 • Bldg. 318  
Mon-Fri, 7:30 am - 4:30 pm**

**Naval Base San Diego (NBSD)  
619/556-7404 • Bldg. 259 & 263  
Monday 7:30 am - 8:00 pm  
Tue-Fri, 7:30 am - 4:30 pm**

**Naval Base Point Loma (NBPL)  
619/553-8306 • Bldg. 211 & 212  
Mon-Fri, 7:30 am - 4:30 pm**



## Life Skills

### Choices

Tues, March 29, 8:00-4:30 pm, NBSD, Bldg. 259, Classroom 1

### Dealing with Anger

Friday, March 11, 1:00 pm-3:00 pm, NBPL, Bldg. 211, Classroom 1

Wednesday, March 23, 12:30 pm-2:30 pm, NMC, Balboa Hospital, Bldg. 26

### Dealing with Stress

Wednesday, March 23, 12:30 pm-2:30 pm, NMC, Balboa Hospital, Bldg. 26

Friday, March 25, 1:00 pm-3:00 pm, NPL, Bldg. 211, Classroom 1



## PARENTING, Family, AND COUNSELING

### Adults Molested as Children (AMAC Group for Women)

Group therapy is available in 8-week psycho-educational groups.

Call the Counseling Dept. at 545-6071 for more details.

Mondays, 2:00 pm-4:00 pm, NBC, Bldg. 318

### Boot Camp For New Dads

To register, call 532-6573.

### Deployed Spouse Support Group

Call 556-7404 or 545-6071

Tuesdays, 10:00 am-11:30 am, NBSD, Bldg. 259

Wednesdays, 9:30 am-11:00 am, NBC, Bldg. 318

### Effective Parenting Class

To register, call 553-4744

Mondays & Wednesdays, March 7-30, 5:00 pm-8:00 pm, NBSD, Bldg. 259, Classroom 2 (8-sessions)

### Engaged & Married Couples Workshop (PREP)

Tuesday, March 22, 8:00 am-4:00 pm, NBC, Bldg. 318, Learning Center

### Individuals, Couples, & Family Counseling

Mondays, 7:30 am-7:30 pm, NBSD

Tuesdays, Thursdays, and Fridays, 7:30 am-4:30 pm, NBSD

Wednesdays, 7:30 am-7:00 pm, NBSD (Appt. only after 4:30 pm)

Monday-Friday, 7:30 am-4:30 pm, NBC or NBPL

Fridays, 8:00 am-5:00 pm, Murphy Canyon Chapel Annex (By appt. only)

### Prenatal Support Group

For more information, call 556-8106.

### Responsible Anger Management

To register, call 553-4744

Thursday-Friday, March 3-4, 9:00 am-2:00 pm, NBSD, Bldg. 259, Classroom 2

Thursday-Friday, March 17-18, 9:00 am-2:00 pm, NBPL, Bldg. 140, Classroom 120

### Support Group for Women in the Military

Call 556-7404

Thursdays, 3:00 pm, NBSD, Bldg. 259



## PERSONAL IMPROVEMENT

### Decision-Making and Resource Management

Friday, March 4, 1:00 pm-3:00 pm, NBPL, Bldg. 211, Classroom 1

Wednesday, March 9, 1:00 pm-3:00 pm, NBSD, Bldg. 259, Classroom 2

Tuesday, March 15, 1:00 pm-3:00 pm, NBC, Bldg. 318, Conference Rm.

### Goal-Setting (The Steps to Follow)

Wednesday, March 16, 1:00 pm-3:00 pm, NBSD, Bldg. 259, Classroom 2

Friday, March 18, 1:00 pm-3:00 pm, NBPL, Bldg. 211, Classroom 1

Wednesday, March 23, 1:00 pm-3:00 pm, NBC, Bldg. 318, Conference Rm.

### Improving Time Management Skills

Wednesday, March 16, 9:00 am-11:00 am, NBSD, Bldg. 259, Classroom 2

Friday, March 18, 9:00 am-11:00 am, NBPL, Bldg. 211, Classroom 2

Wednesday, March 23, 9:00 am-11:00 am, NBC, Bldg. 318, Conference Rm.

### Team Building

Friday, March 4, 9:00 am-11:00 am, NBPL, Bldg. 211, Classroom

Wednesday, March 9, 9:00 am-11:00 am, NBSD, Bldg. 259, Classroom 2

Tuesday, March 15, 9:00 am-11:00 am, NBC, Bldg. 318, Conference Rm.



## RELOCATION, INFORMATION & REFERRAL



### Active Duty Pregnancy Resource Class

Wednesday-Thursday, March 2-3, 4:30 pm-7:00 pm, NBSD, Bldg. 259, Relocation Resource Room

### EFM Coordinator Training (Train the Trainer)

Wednesday, March 3, 9:00 am-10:00 am, NBC, Bldg. 318, Conference Room



### Exceptional Family Member Program (EFMP) Orientation

Monday-Friday, 7:30 am-4:30 pm, NBSD, NBC, or NBPL (walk-in)

Monday, March 21, 6:00 pm-7:00 pm, NBSD, Bldg. 259, Relo Resource Rm.

### Family Care Plan

Wednesday, March 16, 9:00 am-10:00 am, NBC, Bldg. 318, Conference Rm.

### FFSC Resource Tables

Tuesday, March 15, 11:00 am-1:00 pm, NBSD, NEX

Tuesday, March 15, 11:00 am-1:00 pm, NBC, NEX

### International Spouse Orientation

Monday-Friday, 7:30 am-4:30 pm, NBSD, NBC, or NBPL (walk-in)

Wednesday, March 30, 1:00 pm-3:00 pm, NBSD, Bldg. 263, Classroom 3

### It's My Move Too! (Moving for Young Children)

Tuesday, March 8, 3:00 pm-4:00 pm, NBC, Bldg. 318, Conference Room

### Military Spouse 101

By appointment, NBPL

Thursday, March 3, 9:00 am-10:30 am, NBPL, Bldg. 211, Classroom 2

Wednesday, March 9, 9:00 am-10:00 am, NBC, Bldg. 318, Conference Room

Thursday, March 17, 10:00 am-11:00 am, NBSD, Bldg. 263, Classroom 3

Monday, March 28, 6:00 pm-7:00 pm, NBSD, Bldg. 259, Conference Room

### Navy Information School

Wednesday-Thursday, March 2-3, 6:00 pm-8:00 pm, NBSD, Bldg. 263, Classroom 3

### Parents on the Move

Tuesday, March 1, 3:00 pm-4:00 pm, NBC, Bldg. 318, Conference Room

### Preparing for an Overseas Tour

Thursday, March 3, 10:00 am-11:00 am, NBSD

Tuesday, March 22, 2:00 pm-3:00 pm, NBC, Bldg. 318, Conference Room

### Smooth Move

Tuesday, March 1, 1:30 pm-2:30 pm, NBC, Bldg. 318, Conference Room

Monday, March 7, 6:00 pm-7:00 pm, NBSD, Bldg. 259, Relo Resource Room

Thursday, March 10, 10:00 am-11:00 am, NBSD, Bldg. 259, Classroom 2

Thursday, March 17, 9:00 am-10:00 am, NBPL, Bldg. 211, Classroom 2

### Sponsor Coordinator Training

Wednesday, March 23, 9:00 am-10:00 am, NBSD, Bldg. 263, Classroom 4

### Sponsor Training

By Appt., NBPL

Wednesday, March 2, 9:00 am-10:00 am, NBSD, Bldg. 259, Classroom 2

### Welcome to San Diego

Thursday, March 10, 9:00 am-10:00 am, NBPL, Bldg. 211, Classroom 2



## Did you know FFSC offers:

- Information and Referral
- Ombudsman Support
- Exceptional Family Member Program
- General Life Skills Education
- Clinical Counseling
- Family Advocacy Program
- Deployment Services
- Relocation Assistance Program
- Transition Assistance
- Spouse Employment Assistance
- Personal Financial Management
- Sexual Assault Victim Intervention

For more information, or to register for any of these workshops, log on to our website or email [FFSCPrograms@navy.mil](mailto:FFSCPrograms@navy.mil)